CLAIMS:

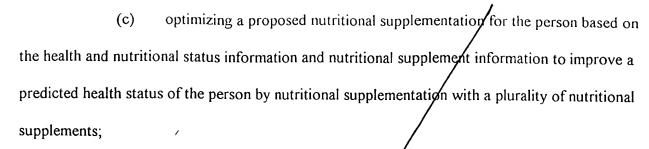
What I claim is:

- 1. A method for proposing nutritional supplementation for a person comprising the steps of:
 - (a) receiving health and nutritional status information relating to a person;
- (b) providing information relating to a plarality of available nutritional supplements, the information comprising contents and cost;
- (c) determining economic limitations for the nutritional supplementation of the person;
- (d) optimizing a proposed nutritional supplementation for the person based on the health and nutritional status information, economic limitations and nutritional supplement information to improve a predicted health status of the person by nutritional supplementation with a plurality of nutritional supplements; and
- (e) outputting the proposed nutritional supplementation including amounts of the plurality of nutritional supplements.
- 2. The method according to claim 1, further comprising the steps of determining a risk tolerance of the person and further optimizing the proposed nutritional supplementation to achieve a maximum benefit within the determined risk tolerance.
- The method according to claim 1, further comprising the step of analyzing a proposed nutritional supplementation for health safety.

- 4. The method according to claim 1, further comprising the steps of receiving feedback from the person relating to the proposed nutritional supplementation and reoptimizing to generate a revised proposed nutritional supplementation.
- 5. The method according to claim 1, wherein the economic limitations comprise a budget.
- 6. The method according to claim 1, wherein the information relating to a plurality of available nutritional supplements comprises records of a stored database.
- 7. The method according to claim 6, wherein the database is remote from the user.
- 8. The method according to claim 1, further comprising the step of providing a plurality of potential optimization procedures and selecting at least one of the optimization procedures for optimizing a proposed nutritional supplementation for the person.
- 9. A method for proposing nutritional supplementation for a person comprising the steps of:
 - (a) receiving health and nutritional status information relating to a person;
- (b) providing information relating to a plurality of available nutritional supplements;

- (c) optimizing a proposed nutritional supplementation for the person based on the health and nutritional status information and nutritional supplement information to improve a predicted health status of the person by nutritional supplementation with a plurality of nutritional supplements;
- (d) outputting the proposed nutritional supplementation including amounts of the plurality of nutritional supplements as a proposal; and
- (e) receiving an approval from the person for the proposed nutritional supplementation.
- 10. The method according to claim 9, further comprising the steps of receiving economic considerations from the user and optimizing the proposed nutritional supplementation further based on the economic considerations.
- The method according to claim 10, wherein the economic considerations comprise a budget.
- 12. The method according to claim 9, further comprising the steps of receiving feedback from the person relating to the proposed nutritional supplementation and reoptimizing to generate a revised proposed nutritional supplementation.
- 13. The method according to claim 12, further comprising the step of analyzing a proposed nutritional supplementation for health safety or consistency.

- 14. The method according to claim 9, wherein the information relating to a plurality of available nutritional supplements, the information comprising contents and cost are stored in a database.
- 15. The method according to claim 9, further comprising the step of providing a plurality of potential optimization procedures and selecting at least one of the optimization procedures for optimizing a proposed nutritional supplementation for the person.
- The method according to claim 9, further comprising the step of, after receiving approval, providing nutritional supplements to the user corresponding to the proposed nutritional supplementation.
- 17. The method according to claim 16, wherein said approval comprises an electronic data transmission between a client system and a server system, said nutritional supplements being shipped to the user.
- 18. A computer readable medium, having a series of computer implemented instructions for controlling a computer to execute a method for proposing nutritional supplementation for a person comprising the steps of:
 - (a) receiving health and nutritional status information relating a person;
- (b) providing information relating to a plurality of available nutritional supplements;



- (d) outputting the proposed nutritional supplementation including amounts of the plurality of nutritional supplements as a proposal; and
- (e) receiving an approval from the person for the proposed nutritional supplementation.
- 19. The method according to claim 18, further comprising the steps of generating a graphic user interface and interacting with the user through the graphic user interface.
- 20. The method according to claim 18, further comprising the steps of communicating between a ment computer in proximity to the user and a server through a computer network.

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